

Full Report (All Nutrients) 09408, Pear nectar, canned, with added ascorbic acid

Report Date: June 30, 2017 19:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: vitamin C

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 250g | 1 fl oz 31.2g |
|---|------|---------------------|----------------|------------|---------------|------------------|
| Proximates | | | | | | |
| Water | g | 84.01 | 22 | 0.173 | 210.03 | 26.21 |
| Energy | kcal | 60 | -- | -- | 150 | 19 |
| Energy | kJ | 251 | -- | -- | 628 | 78 |
| Protein | g | 0.11 | 22 | 0.004 | 0.28 | 0.03 |
| Total lipid (fat) | g | 0.01 | 22 | 0.006 | 0.03 | 0.00 |
| Ash | g | 0.10 | 22 | 0.001 | 0.25 | 0.03 |
| Carbohydrate, by difference | g | 15.76 | -- | -- | 39.40 | 4.92 |
| Fiber, total dietary | g | 0.6 | -- | -- | 1.5 | 0.2 |
| Sugars, total | g | 15.16 | -- | -- | 37.90 | 4.73 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 5 | 22 | 0.238 | 12 | 2 |
| Iron, Fe | mg | 0.26 | 8 | 0.032 | 0.65 | 0.08 |
| Magnesium, Mg | mg | 3 | 21 | 0.191 | 8 | 1 |
| Phosphorus, P | mg | 3 | 21 | 0.173 | 8 | 1 |
| Potassium, K | mg | 13 | 21 | 2.304 | 32 | 4 |
| Sodium, Na | mg | 4 | 21 | 0.440 | 10 | 1 |
| Zinc, Zn | mg | 0.07 | 21 | 0.003 | 0.17 | 0.02 |
| Copper, Cu | mg | 0.067 | 21 | 0.004 | 0.168 | 0.021 |
| Manganese, Mn | mg | 0.030 | -- | -- | 0.075 | 0.009 |
| Selenium, Se | µg | 0.5 | -- | -- | 1.2 | 0.2 |
| Fluoride, F 1 2 | µg | 11.9 | 11 | 2.255 | 29.8 | 3.7 |

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|------------------------------------|------|------------------|-------------|------------|------------|---------------|
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 27.0 | 20 | 1.159 | 67.5 | 8.4 |
| Thiamin | mg | 0.002 | 47 | 0.000 | 0.005 | 0.001 |
| Riboflavin | mg | 0.013 | 47 | 0.000 | 0.033 | 0.004 |
| Niacin | mg | 0.128 | 47 | 0.012 | 0.320 | 0.040 |
| Pantothenic acid | mg | 0.022 | -- | -- | 0.055 | 0.007 |
| Vitamin B-6 | mg | 0.014 | -- | -- | 0.035 | 0.004 |
| Folate, total | µg | 1 | -- | -- | 2 | 0 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 1 | -- | -- | 2 | 0 |
| Folate, DFE | µg | 1 | -- | -- | 2 | 0 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 16 | 0.028 | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 1 | 16 | 0.562 | 2 | 0 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.001 | -- | -- | 0.003 | 0.000 |
| 16:0 | g | 0.001 | -- | -- | 0.003 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.003 | -- | -- | 0.007 | 0.001 |
| 18:1 undifferentiated | g | 0.002 | -- | -- | 0.005 | 0.001 |
| Fatty acids, total polyunsaturated | g | 0.003 | -- | -- | 0.007 | 0.001 |
| 18:2 undifferentiated | g | 0.003 | -- | -- | 0.007 | 0.001 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |

Amino Acids

Other

Sources of Data

¹A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

²Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa